

Georgia

Nutrition and Physical Activity Program to Prevent Obesity and Other Chronic Diseases

<http://health.state.ga.us/programs/nutrition/index.shtml>

The Epidemic

59% of Georgia adults are overweight or obese.
(CDC BRFSS, 2002)

The obesity rate among Georgia adults increased by 118% from 1990 to 2002.
(CDC BRFSS, 1990, 2002)

26% of Georgia high schools students are overweight or at risk of becoming overweight.
(CDC YRBSS, 2003)

33% of Georgia middle-school students are overweight or at risk of becoming overweight.
(Georgia YRBSS, 2003)

26% of low-income children between two and five years of age in Georgia are overweight or at risk of becoming overweight. (CDC PedNSS, 2002)

Recent Accomplishments and Products

- Task Force operating guidelines
- A logic model for the state plan

New Partners

Action for Health Kids-Georgia Team
America Academy of Pediatrics
Children's Health Care of Atlanta
Community Health Center-Savannah
Emory University School of Public Health
Fort Bend Valley State U. Cooperative Extension
Georgia Academy of Family Physicians
GA Coalition for Physical Activity and Nutrition
Georgia Dietetics Association
Georgia Dietetics Foundation
GA Physical Health, Recreation, and Dance Assoc.
Georgia Recreation and Parks Association
Georgia State University
Hispanic Health Coalition
Hyer Dynamic Health Education
ILSI Centre for Health Promotion
Morehouse School of Medicine
Obesity Action Network
Spangler Maternal and Child Health Consulting
U.S. Department of Agriculture

Program Priorities

Georgia has established a Collaborative Task Force for the Prevention of Obesity and other Chronic Diseases to oversee the development and implementation of the state plan through partnerships. The Task Force also will be involved in development of a coordinated infrastructure for nutrition and physical activity initiatives statewide and will oversee plan implementation. There are three focus area workgroups:

- Fruit and Vegetable/Healthy Eating
 - Physical Activity and TV Viewing
 - Breastfeeding
- ... and two support and technical assistance workgroups:
- Data and Evaluation
 - Communication and Partnership

Priority strategies for environmental change that have been identified for the state plan include:

- Implementing the school health index
- Increasing the availability of healthy foods in school vending machines
- Establishing worksite wellness programs
- Increasing the number of community gardens

Upcoming Events and Products

- An environmental scan of nutrition and physical activity programs and activities
- A comprehensive state plan
- Community forums on state plan issues
- A *Burden of Obesity 2004* report

Project period: 2003-2008

Year first funded: 2003

Funding stage: Capacity building

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